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TABLE OF CONTENTS.

EDITORIALS:

WORK OF DR. ALEXIS CARREL—BUCK	1
HEALTH OF THE RACE—BUCK	3
THE COLLEGE OPENING	4
SURGICAL TECHNIQUE	5

THERAPEUTICS:

ABNORMAL MENTALITY: ITS CAUSE AND CONSEQUENCES—BIRCH	6
LUMBAGO—HILLS	13
AN ADVANCE IN MEDICINE—HOWES	16
THE HISTORY OF MEDICINE FROM EARLY ANTIQUITY DOWN TO THE OVERTHROW OF THE WESTERN EMPIRE IN THE YEAR 475 A. D.—BUCK	22
A DISPENSING VEHICLE—HOWES	24
TREATMENT OF GONORRHEA—BURNETT	27

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TABLE OF CONTENTS: Continued

DIETETICS:

DIET AND ENDURANCE—LIGHT	28
--------------------------	----

ROUND TABLE:

MEETING OF THE BOSTON DISTRICT ECLECTIC MEDICAL SOCIETY—HOWES	38
HOUSEHOLD HINTS	39

THERAPEUTIC AND DIETETIC NEWS:

A THERAPEUTIC POINT WORTHY ATTENTION	xi
THE EFFECT OF STIMULATING CELL NUTRITION	xiii
SULPHO-LYTHIN	xv

THERAPEUTIC NUGGETS	xvii, xix, xxi
---------------------	----------------

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PITTS EDWIN HOWES, M. D. EDITOR

CHARLES E. BUCK, PH. G., M. D., ASSOCIATE EDITOR

EDITORIALS

WORK OF DR. ALEXIS CARREL.

It is with feelings of the deepest respect and admiration that we figuratively "do off the hat" to the **one man** of all others—Dr. Carrell—who, through his patient research endeavors is entitled to be called the **Edison** of medicine.

Dr. Alexis Carrel, Director of the Laboratory of Experimental Surgery of the Rockefeller Institute, N. Y., in a lecture delivered on his late foreign tour, and reported in the **Monde Medical Journal**, tells of some results that he has obtained along surgical lines which are indeed startling, and, were it not for the fact that this information comes from such an authoritative source, we might doubt its veracity.

For instance, speaking about the suturing of vessels and the re-establishment of the circulation without entailing accidents, such as thrombosis and hemorrhage, he says:

"The first object was achieved simply enough by means long since familiar to us. We know that **vaseline prevents blood coagulating**. We know also that **tiny punctures** of the **vessel walls** are unat-

tended by any untoward consequences. By applying these elementary principles we are enabled to join the vessels end to end without loss of blood, without thrombosis and without subsequent contraction. I need not go into technical details of these methods as applied to animals, for we have since applied the principle to human beings with excellent results."

Dr. Carrel farther states that from the transplantation of vessels it was but a step to the grafting of organs of which he writes:—"Surgically it is easy enough to exchange kidneys, and so it is to transfer a limb, such as a thigh, for instance. It is but a matter of technique, and this we worked out several years ago. It is of course necessary to take certain precautions, but at the present time the technique of the transplantation of the thigh is almost as well established as that of the operation for appendicitis.

"In the transplantation of a kidney two methods are available. One consists in removing the two kidneys *en bloc* along with a bit of the aorta and a bit of the vena cava, the ureters and a piece of the bladder, transplanting the whole into the abdominal cavity of a second animal whose aorta and vena cava had previously been divided. The segments of aorta and vena cava are sutured to aorta and vena cava respectively and the piece of bladder to bladder. The urinary secretions return and before long, usually the same afternoon, the animal walks about, eats, drinks, and urinates normally.

"The other method consists in extirpating the kidney with its vessels and ureter. These are washed out so that no blood shall remain in the vessels, consequently no coagulation can take place therein when the circulation is re-established. Then, having covered the vessels with vaseline, the organ is left on the table while the vessels of the other animal are prepared. When that has been done, the kidney or kidneys is or are transferred to the abdominal cavity and the vessels are simply sutured. The circulation is quickly re-established and the animal appears to be in the best of health. The immediate results are good. For a week or so, whether we have replaced one or both kidneys in an animal after removal, or whether we substitute the kidney or kidneys from another animal, the results are the same; that is to say, the animal remains in excellent health, takes its food and runs about. The urinary secretion is approximately normal in amount and, interesting to note, the urine does not contain any albumen."

"From a surgical standpoint," says Dr. Carrel, "the transplantation of a kidney or other similar organ is a settled fact. Biologically,

however, such is not the case, for when both kidneys have been transplanted to another animal the urine soon becomes albuminous, and in about a month the animal succumbs to diffuse nephritis. It follows that this procedure produces lesions which are incompatible with the survival of the organs."

The doctor notes many other instances of success in his experimenting on almost every tissue of the body, each of which has responded to his masterly technique. Of course the whole subject is in the experimental stage, and is not of such practical importance now as it will be later when he has gathered sufficient data to publish his findings for the benefit of mankind. May he be spared for a long and useful life.

BUCK.

THE HEALTH OF THE RACE.

Dr. Charles W. Elliott, President Emeritus of Harvard University, in his address before the 2000 delegates to the Fourth International Congress on School Hygiene, of which he is President, declared that it is the plain duty of the state to provide segregation for the defective, the insane, and habitual criminals in order to prevent breeding human beings from such stock.

"It is not clear," said he, "how good breeding can be promoted among free man and woman, but it is clear how bad breeding can and should be prevented."

Dr. Elliott further states in his address that the outcome of this International Congress should be the enlightenment of society concerning the means of defending civilization against its own tendencies toward decay and dissolution and strengthening of the social resolution to put into execution all the measures which Christian ethics and the medical arts and sciences recommend.

One of the best addresses made at the convention was by Dr. Eugene H. Porter, Commissioner of Health of the State of New York, who said that the system of philanthropy is essentially false. He said that millions are spent in curing disease that might be saved if a lesser sum was spent in prevention. He advocated punishment by law of all who persistently refused to cultivate habits of health. He might have gone farther, as far as Eugenics go, and stated that much more attention should be paid to **Prenatal Conditions** in maternity endeavors. The subject is interesting social workers, as it should, lately, and it is to be hoped that every city will become as thoroughly awake to the necessity of a course of education for the expectant mothers, and to

the growing needs of conditions which will minister to her needs more effectually than those at present in vogue. In nearly all lines of endeavor affecting child life, the starting point for society is the **birth** of the child.

Dr. G. Stanley Hall, of Clark University, who is by far the most advanced thinker on the subject of **child life** that we have in this country, says that the nine months of human life following conception is the **most important** epoch in the life of a human being. When one comes to think it over, it is indeed a wonder that so many children survive this tempestuous period of life, when every law of nature is strenuously fought from the date of conception to the day that brings the little stranger into a home where he is not welcome, but simply **tolerated**. It would indeed be the greatest movement ever started if every city would only institute some reform that would minister more effectually to the deluded mother and **make her realize** that **she and she alone**, is responsible for the **defect** in her child through the environment, over which she must have control during this prenatal period.

BUCK.

THE COLLEGE OPENING.

The sixty-ninth annual session of the Eclectic Medical College opened on September 11, with a larger enrollment than last year, with thirty-one new students in various classes.

The second semester for students who have attended other medical colleges will begin January 11, 1914.

Prospective students who have fifteen units of a high school education, or more, should apply for an Ohio Medical Students' Certificate, sending the necessary credentials and a fee of three dollars to the official examiner of the Ohio State Medical Board, K. D. Swartzel, Columbus, Ohio.

Students who can secure this certificate should not delay. Several new men were unable to enter with us last month owing to their own tardiness in perfecting their credentials in time. We must repeatedly warn preceptors not to send in students until they have secured or know positively they can secure this certificate.

The daily dispensary for walking cases is open 8.30 to 10.30 A. M. for the treatment or operation of all diseases.

Surgical operations are performed free of charge (excepting the ordinary hospital charges) in the new college operating room, connected with the Seton Hospital, before the Senior Class.

The following operators are available: Drs. Hagen, Heflebower, Nelson, Russell, Shewman and Wilson at the following hours: Monday, 11.30 A. M. to 1.00 P. M.; Tuesday, 10.30 A. M. to 11.30 A. M.; Wednesday, 9.30 A. M. to 12.00 M.; Thursday, 10.30 A. M. to 11.30 A. M.; Friday, 11.30 A. M. to 1.00 P. M.; Saturday, 10.30 A. M. to 12.00 M.

Arrangements for dates, operators and hospital accommodations can be arranged with the secretary, Dr. Scudder.

SURGICAL TECHNIQUE.

A recent experience serves as an example of two extremes in surgical technique, with perfect results in either case; and it leads us to inquire whether it is necessary to be so **awfully finicky** as some operators are in their technique, in order to have good results. The writer was called to assist a physician in an operative case of obstetrics. He was to act as anesthetist, and confined himself to that part of the technique. The operator was in shirt-sleeves with cuffs attached.

Examinations were freely made by the operator without any antiseptic solutions whatever. The case was delivered and the recovery was uneventful and perfect. In another case where the same service was performed as assisting physician, the operator was all tied up like a ghost, and would not touch anything unless it was handed him by his nurse and guaranteed to be absolutely sterile. The patient was thoroughly sterilized, shaved, and otherwise put in an immaculate condition. The ultimate results were even **better** in the first case than they were in the last one. It would seem as though there might be a sort of mean ground between the two extremes on which we could safely travel, and still be well within our duties to patient and professional integrity.

However, in the above cases, the first doctor used a weak solution of Churchill's Tincture of Iodine in hot water, as a douche, for four or five days during convalescence, and the other doctor did not, which may account for the better ultimate results.

In an observation of 1586 cases of pregnancy, goitre was found present in 132 cases, or 8.31 per cent. In many cases the condition disappeared after delivery. Twenty cases began during the pregnancy.

In France in 1911 there were 34,869 more **deaths** than **births**. In 1912 there were 57,911 more **births** than **deaths**. Verily the "pendulum do swing."

THERAPEUTICS

*ABNORMAL MENTALITY: ITS CAUSE AND CONSEQUENCES.

By S. J. Birch, M. D., Orange, Mass.

THE DEVIL.

Men don't believe in a Devil now, as their fathers used to do;
They've forced the door of the broadest creed to let his Majesty
through,
There isn't a print of his cloven foot, or a fiery dart from his bow
To be found in earth or air today, for the world has voted so.

But who is mixing the fatal draught that palsies heart and brain,
And loads the earth of each passing year with ten hundred thousand
slain?

Who blights the bloom of the land today with the fiery breath of hell,
If the Devil isn't and never was? Won't somebody rise and tell?

Who dogs the steps of the toiling saint, and digs the pits for his feet?
Who sows the tares in the field of time wherever God sows his wheat?
The Devil is voted not to be, and of course the thing is true;
But who is doing the kind of work that the Devil alone should do?

We are told he does not go about as a roaring lion now;
But whom shall we hold responsible for the everlasting row,
To be heard in home, in church and state, to the earth's remotest
bound,
If the Devil, by a unanimous vote, is nowhere to be found?

Won't somebody step to the front forthwith and make his bow, and
show
How the frauds and the crimes of the day spring up—for surely we
want to know.

The Devil was fairly voted out, and of course the Devil is gone;
But simple people would like to know who carries his business on.

—By Edward Young.

*Read at Boston District Eclectic Medical Society, Sept. 29, 1913.

While I have never had an acquaintance with the personage here referred to, I have inside information concerning the business mentioned, which enables me to suggest an answer to the question.

The business had attained such gigantic proportions that it became necessary to reorganize it into a combination or trust, and it is being conducted today under the firm name of alcoholic stimulation and syphilitic degeneration. Its proceeds are being distributed among the people of all civilized nations.

One of the most important objects actuating human effort is and should be to strengthen public sentiment, and, in time make it powerful enough throughout the world to burst this trust into invisible particles and sweep them forever from the realms of humanity. To do this all who realize the peril of present conditions must stand together, shoulder to shoulder in the interest of good morals, because good morals mean good citizenship, and good citizenship means good government.

Good government in a family, a town, a state, a nation means what?

First, if it means one thing more than another, it means fidelity, faithfulness, inflexible adherence to known duties, on the part of those who are entrusted with the administration of the affairs of the community.

It does not mean carelessness or neglect on the part of the father and mother of a family in regard to wholesome discipline and the inculcation of right ideas, right thinking, pure living, honesty of purpose, which will cause the young mind to be lastingly impressed with a reverence for truth, for purity, and inspire a love for all things that tend to uplift and beautify and perfect human character.

Such carelessness, such neglect is a sinful disregard of parental duties, for which not only the parent and the child must suffer, but future generations as well, until the mistakes thus originated are corrected by the wisdom of experience, which is the creator of all knowledge.

Good government does not mean carelessness or neglect on the part of the citizens of a town, a state or a nation in exercising their right of franchise; thus placing in office unscrupulous, avaricious demagogues; dishonest, irresponsible grafters, whose self interests so overshadow and becloud their honesty of purpose as to cause them to disregard the interests of the community and forget the sacred responsibilities they have assumed.

Such carelessness, such neglect on the part of our people will never give us good government and will never fail to bring upon us the punishment we deserve because of our criminal indifference to duties as citizens of the commwealth.

When the administration of our public affairs does not prove satisfactory and we are led to denounce the policies of the administration, please remember, Mr. Voter, (permit me to say just here that I very much regret that the laws of our state do not enable me to say Miss Voter or Mrs. Voter, as well as Mr. Voter, because the character and intelligence of the voter enhances greatly the dignity and power of the vote cast, and, if we desire to derive all the benefit possible from our privileges as citizens of this great nation and be absolutely just to all, we must not fail to avail ourselves of the strength of the unimpeachable character, the brilliant intelligence, and more than all else, the subtle intuition of the noble women of these United States of America in the conducting of our institutions; and ere long, we are going to avail ourselves of this inestimable power)—as I was saying, Mr. Voter, please remember that a majority of the male portion of the population created and are responsible for defective administrations, and, remember furthermore that many times, we, I and you, my brother, find ourselves a part of that majority.

On whom, then, rests the weight of this responsibility?

Why do we tolerate these abuses if we honestly desire to have them abolished?

Let us then exercise our right of franchise carefully, conscientiously, and above all independently, regardless of all things else, and we shall have slight cause to complain of the service rendered by those whom we honor with our confidence by elevating them to public positions of trust.

Now, concerning the question of abnormal mentality. The truth about the matter is this—we have defective brains, brains that have suffered from degenerating influences, the result of many generations of indulgence in vicious practices of catering to the demands of abnormal appetites; leaving us with impaired mentality which is far below par, and so we sometimes do foolish things. We indulge in enervating and exhausting excitements of many kinds, calling it pleasure, entertainment, diversion. We gorge our stomachs with improper and unwholesome food. We use alcoholic stimulation and are thus deprived of our rightful heritage, deprived of a proper mental balance, of our normal mental acumen.

The civilized nations of the world are and have been for centuries the willing victims of appetite, of over-stimulation, the outcome of which has ever been ill health, imperfect development, not only of the physical powers, but of the intellectual, moral and spiritual powers as well, leaving the race a legacy of pauperism, of insanity, of vice, of crime, that is taxing to the uttermost our best efforts to control and ameliorate its results.

The most potent agent in producing such conditions is alcohol or alcoholic stimulation.

If you desire to create the conditions best suited to put you in danger of a complete mental break-down, use alcohol, or alcoholic stimulation. You only need to use it moderately at that.

This is true of at least one in four of all who suffer mental overthrow and are taken to insane asylums. Besides this, it lessens persistently our mental efficiency, and enters extensively into the question of our success or failure in our life work. I would ask earnestly that the young people consider thoughtfully this phase of the subject. Every school for children of twelve years of age and upwards should be equipped with facilities for teaching the facts concerning the effect of alcoholic stimulation on the cells of the brain and its appendages.

It should be indelibly impressed upon and made plain to every child at an age when these impressions can be readily made and firmly fixed in their minds, just what may result, nay, **will** result from defective brains from whatsoever cause. By doing this we would establish one of the most powerful defences against these wrongs. And, instead of the sins of the father being visited upon the children of future generations, they would bequeath to their posterity blessings resulting from a clean life.

Stoddard Goohue in his article entitled "What's the matter with your Brain?" says: "Of course you feel very confident that however much your brain may lack of full efficiency of action, there is no probability that it will altogether fail you. You may be right; yet it is worth your while to recall that there are 200,000 individuals confined in institutions for the insane in the United States today, who a few years ago, felt about themselves precisely like that. Certainly 50,000, perhaps 75,000 of these unfortunates owe their mental illness wholly or in part to habits of alcoholic indulgence that at one time were doubtless thought by them to be as harmless as our use of alcohol 'in moderation' seems to us now.

Causes aside, however, the ever-increasing company of insane dependents may well excite solicitude, and questions of ameliorating their condition have strong appeal. Even if no question of humanitarianism were involved, the tax-payer cannot overlook the fact that the monetary cost of the care of such insane as are public charges, added to the loss through their removal from the ranks of productive workers, has been computed at not less than \$164,000,000 annually—this sum is greater than the value of our annual export of all agricultural products.

And yet, my friends, we are asked to vote for license in order that the tax-payer may be benefited?

Well, are we honest about this, or are we influenced to vote for license by the specious arguments brought to bear on us by those who make money by engaging in the manufacture and sale of alcohol and alcoholic stimulants? Let us discriminate carefully, or we may regret and repent bitterly our lack of discrimination when some loved member of our home or some cherished friend succumbs to the dreadful malignancy of this terrible disease of drunkenness. It has come to many homes and it has ruined many a brilliant youth, dear to friends and relatives. Are you willing to go on record by casting your vote to dignify such a traffic with the stamp of legal prestige?

If you are, and you do so vote, then don't try to shirk the responsibilities of your act by claiming that your motive for so doing was to aid the tax-payer, nor by complaining of the inevitable consequences ensuing therefrom.

Would you, Mr. Voter, be willing to cast your vote to dignify with the prestige of law the dens of infamy, to which the white slave traffic is daily striving to lure our younger sisters and daughters? No, of course you would not. Thank God that no man can be found degraded enough to so forget his duty to humanity.

Well, why is this? Why is this, my friends? It is because we have grown up to a standard of morality that enables us to see at a glance, the gigantic hideousness of this crime against humanity, and its injurious effects upon the physical, mental, moral and spiritual condition of the race. It is universally conceded to be a gigantic wrong. So is the permitting of conditions that engender the spread of the malignant disease of drunkenness. Both are crimes against humanity. If there is a difference in their enormity, it is a difference in degree only, and the perpetration of the one is almost sure to be followed, sooner or later, by the perpetration of the other, its fellow crime.

Have we excuse for licensing or dignifying with the prestige of law one crime or wrong more than another? Especially when the deleterious effects upon human conditions resulting from both are so nearly equal I think not.

Elbert Hubbard says that disease is a crime; and that every man who has been to a hospital and enjoyed the delights of the table returns and gives an organ recital.

Mr. Hubbard may be right concerning disease. Disease is in a way and under some circumstances undoubtedly a crime, but what is eminently and emphatically more true is that crime is a disease; a malignant disease; a death-dealing disease for the cure of which no microbe-laden lymph has as yet been discovered.

Another cause easily ranking second, as the producer of abnormal mentality, or insanity, are the toxins of bacterial origin that have an injurious effect upon the brain. The most important of these is poison generated by the spirochaeta of syphilis.

Syphilis causes degeneration of the arteries of the brain. It causes destructive tumors (Gummata) in the brain and threatens its victim with the most pitiful and hopeless of all forms of insanity: general paralysis or paresis. This terrifying disease hurries its victim to complete dementia terminating in an early death. It comes **only** to those who have **had syphilis**, and is the terminal form of that malady.

We are told that the paretics that come to the New York hospitals for the insane each year amounts to 17 per cent. of all men and 8 per cent. of all women admitted.

In an appallingly large proportion of cases syphilis leads ultimately to this result.

Careful analysis recently made of 41,000 cases occurring among the officers of the Austrian army, showed that 4.6 per cent., or about one in twenty of all syphilitics were finally stricken with paresis. What would the percentage be could we obtain correct statistics gathered from persons in civil life?

The painful manifestations of syphilis in its early stages; the likelihood of its leading to the most deplorable and fatal of mental maladies, should be a sufficient warning against lapses of moral conduct through which the disease is acquired, and in justice to and for the protection of human interests there should be, by the power of law, placed over the door of every immoral resort, in blazing letters, the statement of the fact that "Incurable insanity may be contracted here."

This thought should be brought to the mind of every boy, every young man, every father of sons, and every educator of youth in the world.

There is no question about what the influence of these vices is on the manhood and womanhood of the inhabitants of this planet, and if we honestly desire to have them abolished and destroyed, we must use our best efforts, and sanction by every means in our power the earnest, faithful work of those noble men and saintly women who are valiantly striving by earnest, scientific methods to ameliorate the pitiable conditions surrounding us, and thus prevent the mistakes of the past from being repeated in the future.

David Starr Jordan says, "Today is your day and mine: the only day we have; the day in which we must play our part; what our part may signify in the great world we may not understand, but we are here to play it, and now is our time."

Yes, my friends. there are earnest, arduous, important duties devolving upon each and every one of us, and, by faithfully discharging these duties, **only**, can we attain the right to be counted as true citizens of this great commonwealth.

"We must rise, for the day is passing,
We must not lie dreaming on;
Some leaders are cased in armor,
And forth to the fight are gone.
A place in the ranks awaits us;
Each man has some part to play,
And your arm will never be stronger
Or needed, as now, today.

"We must rise, for the day is passing;
The low sound that you scarcely hear
Is the enemy marching to battle.
Rise, rise, for the foe is **here!**
Stay not to sharpen your weapons,
Or, the hour will strike at last,
When—from dreams of a **coming** battle
You **may** wake to find it past."

Dr. Perrins in discussing this paper stated that he had been for sixty years a strong advocate of temperance. In his opinion the best method to deal with the subject was to compel all manufacturers to make an absolutely pure article, and then allow any person to sell it just as freely as they now sold milk, simply holding them responsible

for selling a pure article. He thought if such a method was adopted that the consumption of alcoholic beverages would be very much lessened.

*LUMBAGO.

By William H. Hills, M. D., Chelmsford, Mass.

There seems to be a matter of doubt among medical writers—authors—as to the name of this affliction; but they mostly place it under the head of muscular rheumatism, and classify it as myalgia, indicating that it is as much a neuraglic affection as a rheumatic one. I think this latter view is as nearly correct as it is possible to obtain. The location of the trouble, as you all know, is in the lumbar region. In your diagnosis kidney troubles would be eliminated, as it is lower down on the back. Lumbar abscess is another affection that would need to be excluded.

All medical writers seem to omit any clinical history of this trouble. It usually comes on so suddenly that there is not time for much clinical history. The etiology is also mentioned very meagerly. Writers say it generally follows severe labor of some description, such as would strain the muscles of the back. That is about all they have to advance about the cause of the difficulty.

The onset of this trouble comes suddenly without any premonition, without any febrile action or any ill feeling. Suddenly, as the popular saying—he has dropped a stitch in his back—goes, your patient cannot move without great pain. By standing perfectly erect and walking with great care he may be able to move about to a slight degree, but any bending forward is very certain to cause severe pain, and the patient is quite likely to fall forward.

Now it seems to me that the motor nerves that supply the muscles of the lumbar region are in abeyance and do not perform their normal office, although the sensory nerves are on duty with all diligence. I do not think there is really a paralysis of the motor nerves, but for some reason they do not act. Whether some rheumatic poison has stilled them for the time being, or some other toxic condition has invaded that region is a question as yet, I think, unsettled.

In Bell's paralysis the invasion is oftentimes just as sudden, but the pain does not become evident; in fact, this condition is sometimes discovered by accident. Writers do not usually associate neuralgia with rheumatism, but for several years I have held that view, and I

*Read at Boston District Eclectic Medical Society, Sept. 29, 1913.

think I have noticed one writer that says they are sometimes associated. Most writers give as a cause of rheumatism, the presence of an excess of uric acid in the system. One makes the statement that uric acid never caused rheumatism, but he does not tell us from whence the cause does spring. I have nothing new to offer as to the cause.

The treatment of Lumbago, as given by different writers, is somewhat varied. Some speak of dry cupping as very effective; others laud various stimulating liniments. Ironing the back with a hot flat-iron is highly recommended by others, while still others pin their faith in the external application of plasters. I, myself, have known a good degree of comfort to follow the application of a rheumatic plaster, but I have often thought that the mechanical support was the greatest part of the benefit to be derived from the plaster. One writer says that macrotys is almost a specific for lumbago when given by itself or combined with aconite or belladonna. I have never used macrotys in this disease. There is one remedy that I have seen given that gave quite prompt relief, although it is not specially recommended in the books, and that is Tinct. Bryonia. This remedy is more often thought of in thoracic troubles. A medical friend of mine once told me that he thought bryonia aided the action of other remedies. I have seen good results follow the giving of a one minim tablet of Tr. bryonia every hour.

I met a man on the street one day, and he said, "Doctor, why don't you fix something for my back?" I replied, "Perhaps I will if you ask me to." "Well, go ahead and fix something," he said. He had been laid up, practically, for several weeks, and had paid another physician considerable money without obtaining any relief. I considered this was rather a severe case, and I felt some anxiety as to what I should prescribe, and whether I would be able to give him any benefit. However, after some study I prepared the following prescription, which you will all say is a shot-gun remedy. I will go farther and say it is a double-barrelled shot gun.

R_x

Sodii Salicylati	3i
Salicin	3i
Leptandrin	Grs. VI.
Tr. Bryonia	M. XVI.
Kenyon's Neuralgic Tablets	XVI.

Mix all in a mortar and put in 16 capsules No. 0. The Kenyon tablets should all be ground up together with the other ingredients

and a little simple elixir can be added to make the pill mass. Give one capsule every four hours. I gave these to the patient, whom I saw about four o'clock in the afternoon. I told him to take one at once and another before he went to bed. I inquired of his wife about him the next day, and she told me that he got up and went away ten or twelve miles to work. He was gone for three days. He had his medicine with him and took a capsule every four hours. He had had no trouble with the lumbago, felt rather tired, but said he was all right.

I have had quite a number of cases come to me with this trouble, and they have all been benefited by this same prescription. One man, who had been afflicted for some time, came to me for treatment. He had been under the care of another doctor without any benefit. I gave him the same prescription, and saw him two or three months afterwards, and he told me he had had no trouble with his rheumatism since he took my medicine. Another patient came with the same trouble, and he was given the same treatment, which he began to take on Friday night. He had been unable to work for a week or two. On the following Monday he ploughed a neighbor's garden. Tuesday he did not work, as there was nothing doing. I met him down town on Wednesday. He told me my medicine was "no good." I inquired why, and received for the answer: "It cures too quick," and he gave me the above history. I see him every few days and I have heard no complaint of the trouble returning. It is about six months since I gave him the treatment.

Now it would seem as if this same prescription would prove of benefit in rheumatism generally, but I have never used it in such cases. When patients complain that they cannot sleep, not on account of pain—but simply can't sleep, I give the Fl. Ext. *Scutellaria Comp.*, Parke Davis Co.'s preparation. It certainly does act wonderfully well in such cases, and one fine thing about it is, that it is not a habit-forming drug. A patient may take it for some time, and then leave it off without any ill effect.

I have mentioned giving a liniment to bathe the back. I only gave that in the first case, as I thought that was a desperate one, and did not want to omit anything that might help. I cannot say that this prescription of mine is a **specific** for Lumbago, but it has been so remarkably successful that I feel somewhat enthusiastic about it. I have had eight or ten cases within the past year, and all have been benefited.

Dr. John Perrins, in discussing the paper, said that lumbago frequently bothered more than the patient—it bothered the doctor. He wished to say a word for the macrotys, as it was a grand good remedy in many of these cases. There was one point that he wished to make in the differentiating between the macrotys and the bryonia. When the pain is below the waist line, use macrotys, and if above that line the bryonia was the needed remedy. There were cases, however, that needed the combination of both remedies. He thought that when external applications were used they should be such as would stimulate the capillary circulation. Those that so acted often relieved the pain.

Dr. Poor called to the attention of the Society a case he had recently seen that was brought on by working in the wet. When called he found that all the man had done was to drink large quantities of hard cider. He gave 10 minims each of aconite, belladonna and bryonia in four ounces of water, and directed that one drachm be given every two hours. He also gave 4 grains of calomel, to be followed by a tablespoonful of salts. One H. M. C. tablet, full strength, produced sleep, and the man was at his work the next day.

Dr. Perrins also called the attention of the Society to the hypodermic injection of 1-4 gr. morphine in attacks of sciatica. The injection should be made as near the outlet of the sciatic nerve as possible, without injuring the nerve fiber. A few drops of gelsemium will render a smaller amount of morphine equally efficacious. His results with this method had been very remarkable.

*AN ADVANCE IN MEDICINE.

By Pitts Edwin Howes, M. D., Boston, Mass.

The Massachusetts Eclectic Medical Society has always been very chary in conferring its Honorary Membership during the half century and more of its existence. It was this fact that led Prof. A. J. Howe to write as follows in accepting the diploma conferred upon him:—

“This mark of friendly consideration on the part of the Society is formally accepted, highly appreciated, and thankfully received.

“The diploma is the more feelingly prized from the fact that the Society has not been suspiciously lavish in bestowing such honors.”

The last Honorary degree conferred by this Society was twelve years ago last June, and our youngest Honorary Member has well

*Read at Boston District Eclectic Medical Society, Sept. 29, 1913.

proved himself to be worthy of all the honor that our Society could confer. I refer to John Uri Lloyd, Ph.M., of Cincinnati, Ohio.

Many improvements in our system of medication, due to more reliable medicines, are traceable to his indefatigable efforts in the realms of chemistry as evidenced in the Specific Medicines of which he may well be styled the Father.

It is with much satisfaction and no inconsiderable degree of pride that I have the honor of presenting to you the result of his latest achievement, and one that will redound to the honor of Eclecticism, for Prof. John Uri Lloyd is known everywhere as one of the strongest adherents of the Eclectic School of Medicine. I refer to his discovery of a product that he has named "Alcresta." This is the result of several years of patient experimentation, and for the past year or more has been the object of patient investigations along medical and pharmaceutical lines. These results having been uniformly successful, the product "Alcresta," has recently been given to the Medical and Pharmaceutical professions.

Alcresta is a substance which, when united with the bitter alkaloids, such as strychnine, morphine and berberine, renders them tasteless. These are, as you well know, among the bitterest of all the alkaloids. So far as Prof. Lloyd has yet investigated, and so far as others have been able to discover, there is not one alkaloid that is not **completely** freed from aqueous or slightly acid solution by means of this new reagent, the action being practically instantaneous.

Physiological testings of this new product have been made by Dr. Felter of Cincinnati, Ohio, and Dr. Fantus of Chicago, Ills. Such experimental work as has been done by these two men renders the position of this new agent absolutely secure.

The following description of Prof. Lloyd is so pat and to the point that we are glad to reproduce it at this time for those who may not have seen it before. It first appeared in the "Courier Journal," Louisville, Ky., June 22, 1911, and was printed in the July number of the Journal of Therapeutics and Dietetics for the year 1911.

"He's an alert, quick-moving little man, bearing his sixty-two years as does a school boy. When you meet him he grips your hand hard—all attention in a second. His head cocked a little to one side, his blue eyes sparkling from beneath his old-fashioned glasses, his left hand raised, fore-finger pointing ceilingward—just as it used to point years ago in the class-room, as he tried to catch a part of some chemistry student's halting recitation,—he'll say: 'Yes, yes. Pleased to see you. And—what was the name.'



PROF. JOHN URI LLOYD.

"Then he'll talk. Talk of anything, and as he talks you wonder where you have met him before, if he's not some old friend of whom you lost track.

"That's John Uri Lloyd, Chemist, Scientist, Student—but greater than all, author of 'Stringtown on the Pike.' He is in Louisville, attending the convention of the National Eclectic Medical Association, of which he is a member. He is still 'Professor Lloyd' to more than half of the members, for most of them, at some time or another, listened to his lectures, quaked before his frowns, and looked up to him as their mentor.

"Professor Lloyd prefers to be known in the world as a scientist, not as an author. That's the reason that of late years he has written practically nothing but weighty, technical books on scientific subjects—ones that are as far removed from 'Etidorpha,' 'Red Head,' 'Warrick of the Knobs,' 'Scroggins,' and the rest of his stories, as Latin is from slang. It was because publishers wanted him to give them more like 'Stringtown on the Pike,' and because that book gave promise of giving him more prominence than years of research along scientific lines, that he stopped writing novels.

Novelist—Never!

"He won't even admit that he ever was a novelist. He declares that his pictures of old times in Boone County, Kentucky, were as much works of science as any thesis written for the United States Pharmacopeia. The picturing of a people or of an era, he says, is work for a scientist, and when he tells how 'Stringtown on the Pike' was written, one believes him.

"To start with fiction writing, he says, was with him an avocation. He wrote for mental recreation—rest from long hours of constant study in chemistry and pharmacy.

"He was born in Boone County, reared there, and his wife, likewise, is a native of northern Kentucky. So, as he tells it, the scenes for his books came to his hand naturally, the ones he knew best. In the writing of 'Stringtown on the Pike,' he was actuated by something like the spirit which has kept him working two years, giving the history of every drug known to science—he wanted to portray things that existed, accurately and finally.

"His description of Boone County people, the negroes and his version of the dialect, are considered by critics and the National Dialect Society as highly authentic for that place, and the period during which the narrative is supposed to have been enacted.

"To give 'Stringtown on the Pike' such authenticity, Professor Lloyd made an especial study of the language of the natives, and compiled a glossary of the expressions he later was to use in his novel. This list of words and terms, colloquialisms, was sent to Boone County, to 'Stringtown on the Pike,' and there read and corrected by scholars in that section, so that no vernacular of any other section might creep in.

No Doubt of Words.

"The glossary then was accurately prepared and printed, and when the manuscript of 'Stringtown on the Pike' was submitted to the printer, he was never in doubt about the author's words. There was the dialect dictionary of northern Kentucky for reference.

"Professor Lloyd hopes that in years to come 'Stringtown on the Pike,' perhaps of less value as a narrative, will still picture with historical accuracy the life and language of that particular section of Kentucky in which he was born and reared. He wants it to form a record of something that has passed forever.

"Professor Lloyd is great for wanting things to outlast him. He is strong on handing down records to future generations. His brother, Curtis Gates Lloyd, and himself are donors of the Lloyd Scientific Library in Cincinnati. Curtis Gates Lloyd has similar tastes, and being a bachelor, goes in for research even more fervidly than the celebrated chemist. He is now abroad studying puff-ball fungi and phalloids, on which subjects he is an authority.

"Prof. and Mrs. John Uri Lloyd and Curtis Gates Lloyd recently presented the state of Kentucky what is regarded one of the finest farms and wooded land between Covington and Georgetown. It is under the management of the Lloyd Library trustees to remain in perpetuity. The gift contains several hundred acres, on which there are two natural woodlands—woodlands that are now exactly as the Indians left them—that never felt the woodman's blade, and Professor Lloyd says, never will.

No Killing Allowed.

"He declares that these two tracts some day will be the show places of Kentucky, along with the Mammoth Cave and the Natural Bridge, for in the deed to the state they are to be kept intact forever, not even a goad stick to be cut from the brush rambling about the feet of the giant trees. The game that sports in the two tracts is to be allowed to pursue the even tenor of its way without molesta-

tion, unless it so multiplies as to become a pest. Then, and only then, may the library trustees do a little killing.

"The land originally was settled by Thomas Henderson, grandfather of Mrs. Lloyd. It is known far and wide for its wild scenery and its fertile fields. The latter are to be transformed artificially into a huge park, where the rich and the poor, who are weary, may linger and rest and admire.

"All that is for the generations of the future. It is the hobby of Professor Lloyd to look out for the coming generations. He is a devotee of history along with his science, and while he now lives over the state line in Clifton, a Cincinnati suburb, he still pores over the legends and records of early Kentucky deeds, as one who has the right.

"The Eclectics are mournful and sad if a convention roll call fails to bring a response when John Uri Lloyd is called. He is the dean of the organization. He calls them 'boys,' and they, as in the old school days, answer back, 'Yes, professor.'"

Such, then, is a partial record of what has been accomplished by our youngest Honorary Member. A record of which we have the right to be proud, and one which he will continue to increase as long as his life may be spared.

Who of us can foretell what this last achievement of his may lead to? Depriving the alkaloids of their bitter taste and yet not diminishing in the least their efficiency for removing bodily conditions is indeed a task worthy of a master in that chemical field where he so conspicuously shines.

The demand of the present age is for pleasant medication, and many times one has been deterred from using some remedy for some patient because of the impossibility to disguise the bitter taste of the drug that ought to be used. Thanks to Professor Lloyd, that will now be relegated to the past, and medicinal agents of the most disgusting properties may be rendered into the sweetest of bon-bons, that will be taken with pleasure.

The firm of Lloyd Brothers will not manufacture these alcresta compounds, but the process will be disposed of to some large manufacturing chemical house, and the entire medical profession will have the benefit of the patient and painstaking plodding of this great man in the fields of chemical science.

In spinal tenderness use bryonia combined with macrotys if there is general muscular soreness, or with belladonna if there is coldness of the skin or cold extremities.

**THE HISTORY OF MEDICINE FROM EARLY ANTIQUITY
DOWN TO THE OVERTHROW OF THE WESTERN
EMPIRE IN THE YEAR 475 A. D.**

Part I.—The Medicine of the Greeks.

By Charles E. Buck, M. D., Boston, Mass.

(Continued from page 343, Vol. VII.)

To the class of physicians mentioned in the last chapter the great Hippocrates, most distinguished of all physicians, belonged, and through his nomadic experience, more than to that of any other man, are we indebted for many tried and true therapeutic measures that have proven their legitimate claims to the attention of posterity.

Hippocrates was one of the foremost teachers of ancient times. He was exacting in his discipline and required absolute loyalty to his ideas and morals, as is exemplified in the "oath" which all graduates from his school were required to sign, a master bit of medical ethics which has survived the ravages of the ages, and comes down to us as the "Hippocratic oath," and it is a pity that in a somewhat modernized form it could not be a part of the graduating exercises of every medical school in America today.

Here it is:

"I swear by Apollo the physician, by Hygieia, Panacea, and all gods and goddesses that, according to the best of my ability and judgment, I will keep this oath and stipulation:—

First: To reckon him who teaches me this art especially dear to me with my parents. To share my substance with him, and relieve his necessities if required. To look upon his offspring upon the same footing as my own brothers and teach them this art if they wish to learn it, without fee or stipulation. That by precept, lecture, and every other mode of instruction, I will impart a knowledge of this art to my own sons, to those of my teachers and disciples bound by a stipulation and oath according to the law of medicine, but to no others.

Second: I will follow that regime which, according to my best judgment, I consider best for my patient, and abstain from whatever is injurious.

Third: I will give no deadly medicine to anyone if asked to do so, nor will I suggest any such method.

Fourth: Furthermore, I will not give to any woman any instrument with which she may produce abortion.

Fifth: With purity and holiness will I pass my life and practice my art. I will not cut a person who is suffering with stone, but will leave this for those who practice this art.

Sixth: Into whatever house I enter I will go for the advantage of the sick, and will abstain from any voluntary act of mischief or corruption, and from the seduction of females or males, bound or free.

Seventh: Whatever, in connection with my professional duty or not in connection with it, I may see or hear, I will not divulge, holding that all such things should be kept secret.

While I keep this oath inviolate may it be granted me to enjoy life and the practice of my art, respected always by men; but should I break through and violate this oath, may the reverse be my lot. This is the best code of medical ethics that a practitioner can follow."

All knowledge of the healing art was passed along orally, as there was no literature of any value at that time.

Co-education was allowed, and we find mention in Homer of several instances of female physicians who possessed thorough knowledge of "healing herbs."

The various "Pathies," or methods of applying therapeutic measures had their inception at about this time, and came about much as competition starts at the present time. The attendants and assisting doctors in the various Asclepia—sanatorias—became dissatisfied through fancied or real grievances with their employers, and started competing institutions. Naturally these new places would differ somewhat from the originals. In many instances improvements were instituted in methods by the new proprietors, and their methods of advertising soon brought these changes to the notice of the credulous public, which soon furnished plenty of "old chronics" to make the new venture a success.

The surgeons too enjoyed their specialized line of activity then as now, and, from the fact that wars were much more frequent at that time, and the damage done in conflict was more severe than is the case in present "long distance" fighting, these practitioners enjoyed an enviable popularity, much to the discomfort of the "medic." The wounded had to have a surgeon to save his life, while the man with an ache would delay calling a general practitioner until he was actually compelled to do so.

No mention is made of any hospital at this early period, so it is to be presumed that the most of the surgical work was done in the open or in tents on the field of battle.

From the fact that it was considered the veriest **sacrilege** to mutilate a dead body, little was known about Anatomy for every surgeon was a vivisectionist. All that was known, as far as can be obtained from Homer's writings, about the deeper structures, was such as one would learn from carving ordinary animal food, and was confined to muscles, sinews, and bones. No internal surgery, or in fact, any internal diseases, are mentioned by Homer, in any of his writings.

Little of *materia medica* in general can be learned from any of the literature of that period. "Helen to Co-ed" gives us quite an account of many Egyptian drugs that she used. Mention is made of the "Drink of oblivion"—opium—which was commonly used then and was made by infusing the leaves and heads of the Poppy. Onions and garlic were very common as dietetic condiments, and honey and wine were freely used as household remedies.

The surgeons and general practitioners had no more in common than is the case at the present time.

(To be continued.)

***A DISPENSING VEHICLE.**

By Pitts Edwin Howes, M. D., Boston, Mass.

All physicians who dispense their own medicines are constantly in need of a vehicle that is not too expensive and at the same time will disguise to a very large degree the nauseous taste of many of the remedies that they desire to use. If they can find such an agent that also contains ingredients that are necessary to the building of their patients, then they are, as is tersely stated by an old adage, killing two birds with one stone.

For a number of years I have been familiar with a product known as Ferro-Nutrine that has served me well when the iron, arsenic and strychnine that it contained were indicated by the conditions of the patients to whom it was given. One of the advantages that this product had over many others of a similar nature was the concentrated food from which the latter part of the name derived its origin.

It occurred to me that if the amount of iron in the preparation could be reduced to a minimum quantity and the arsenic and strychnine eliminated we would have left a vehicle that would be of great service to those physicians who wished to dispense their own medi-

*Read at Boston District Eclectic Medical Society, Sept. 29, 1913.

cines—especially their tonic mixtures. After considerable argument I at last succeeded in getting the manufacturers of Ferro-Nutrine to make up a sample lot of a product to be called Ferro-Nutrine Plain for my use in dispensing purposes.

This contains 1-60th of a grain of inorganic iron to the dram and a sufficient amount of Somatose—from which is derived the nutrient qualities—to give to each dram decided food value.

My expectations with this agent have been more than realized. I have used it with quite a number of the Specific Medicines and, up to the present time, have found no mixtures that were not clear and very pleasant to the taste. This last result pleased me very much indeed, as I have found that pleasant tasting tonics will be taken for a long time without any demurrance from your patients, and in chronic cases this is quite a desideratum.

I am very glad to bring this before the members of this Medical Society, and would bespeak a trial of this new preparation which will be manufactured by the Ferro-Nutrine Chemical Co., of Portland, Me.

Thinking that you might not be very familiar with the nutrient portion of the vehicle—Somatose—I have taken the liberty of incorporating in this short article extracts from a paper that was printed on this agent in one of the early volumes of the Journal of Therapeutics and Dietetics.

“In view of the prominent part taken by albuminous substances in the diet of healthy persons, it is easy to understand how absolutely essential they are in the treatment of various diseases, both of acute and chronic character. In the selection of albuminous foods for the sick and weakly, however, much difficulty has been experienced, because they are frequently unadapted for the needs of patients, even if sufficient for the nourishment of healthy persons. When it is remembered that in all diseases the digestion is more or less impaired, it will be readily understood that the necessary albumens should be administered in a form in which they will be easily digested, and that they should be as concentrated as possible, and contain no useless residue to derange the stomach and intestinal canal. More important still, they should be given in a form in which they will be immediately and completely appropriated in the system and produce a rapid gain in flesh and strength.

“Somatose is an albuminous food product prepared in accordance with these principles. It contains the nourishing elements of meat in a readily soluble form, eighty grains of Somatose being equivalent to about one and a half ounces of fresh beef—1 to 8. The salts

present in Somatose correspond to the nutritive salts of fresh meat, among which occurs the phosphate of potassium, so important in the formation of bone and muscle. Somatose is a light yellow, somewhat granular powder, readily and completely soluble in water and other fluids, odorless, and practically tasteless.

"Somatose consists almost entirely of albumoses, and exhibits the highest percentage of albuminous matter of all the preparations of meat in the market, including the so-called meat-extracts, meat-peptones, meat-bouillon, etc. It is of uniform composition and devoid of superfluous material, and in consideration of its high nutritive value Somatose is much to be preferred to all other albuminous food products. It is best administered shortly before meals.

"The properties which render Somatose especially suitable as a food for the sick are as follows: (1) It is readily absorbed even in diseased conditions of the gastro-intestinal tract. (2) It is taken up in sufficient quantities to insure the patient against mal-nutrition, and has the remarkable property of stimulating the appetite—which is diminished under the influence of artificial peptones. (3) It does not disturb the most delicate stomach, never causing flatulence nor diarrhea. (4) Being tasteless and odorless, it is easy and agreeable of administration and, if desired, may be given without the knowledge of the patient. Somatose is indicated in all conditions in which an effective nutrient and reconstructive is required.

"In a paper on Somatose by Stevenson and Luff, *London Lancet*, September 30, 1899, they arrive at the following conclusions: (1) Somatose is a true meat nutrient, possessing restorative and stimulating powers. (2) It is well borne by delicate patients. (3) It improves digestion and causes no gastro-intestinal disturbance. (4) It has a favorable effect on general metabolism. (5) It never gives rise to the appearance of albumen, albumose or peptone in the urine."

It is well to remember the apparently new and very effectual method of resuscitating a drowned person, as advised by Prof. Whitford. He places the patient in a bath tub, or on canvas or oilcloth, and has an assistant pour water of a temperature of 100 degrees F. from a height of four or five feet on the spine of the patient, while the doctor resorts to tongue traction 16 times to the minute. Of course it is necessary to see that all air passages are free from water. The patient should be frequently turned, so that the stream of water may reach all parts of the body. The Professor says that he has succeeded in a case where the patient has been in the water an hour.

TREATMENT OF GONORRHEA.

By J. A. Burnett, M. D., Hartshorne, Okla.

This is not intended to be a very long and extensive paper on the treatment of gonorrhea, but a short, practical one, offering a method that is not likely known by very many.

First inject a two per cent. solution of quinine and urea hydrochloride and in 10 to 30 minutes inject a four per cent. solution of compound tincture of iodine. The quinine is used to prevent the pain that the iodine would cause. If desired one can use orthoform in place of the quinine. If you do not know the value of iodine as a germicide, etc., read up on it. It is an old remedy, but far superior to some of the new ones that are on the market at a high price.

This treatment works well in both acute and chronic anterior gonorrhea.

Dr. Butler, in one of his excellent articles, made the following unquestionably truthful statement regarding the "social evil."

"So long as man may without scruple, without violation of social law, with what one may term the tacit encouragement of society, freely consort with immoral women without incurring any stigma, so long will they continue to infect the innocent women they marry with disease which soils them, which poisons them, and which kills them."

Another authority states that statistics show that out of fourteen million young men in this country today, under the age of thirty, fifty per cent. have some form of venereal disease, and from seventy-five to ninety per cent. of all our men have contracted some taint. He might have gone a little farther and told us who had the **first taint**, Adam or Eve.

And now we are learning that some doctors are curing eclampsia by Cesarian section, claiming that it is easier and more effectual. For whom, the doctor or the patient?

Are we patient enough in our treatment of cases of heart disease that come to us for treatment? It is a fine point to decide whether it is rest or stimulation that is needed, and if we are in doubt as to what is best to do, "**Do nothing** and let nature take care of her own," is a safe rule to follow.

DIETETICS

DIET AND ENDURANCE.

By Henry Light,

Twenty Years Captain Vegetarian Cycling Club; Vice-President of the Vegetarian Society.

(Continued from page 357, Vol. VII.)

I quite anticipate having quoted against me the experiments of Professor Irving Fisher, as recorded by him in his pamphlet entitled "The Influence of Flesh-eating on Endurance."

But interesting and instructive though his experiments are, the title of his pamphlet is most misleading to the average reader. The mere horizontal holding out of one's arms as a test of endurance is farcical. By saying that, I in no way desire to ridicule the experiments or underrate their value, nor to impeach the motives or honesty of the Professor, but only to register my regret at the misleading nature of the title and the impression it conveys, and to dispute the Professor's conclusions, if by endurance he means what the man in the street understands by endurance.

The trained man who, **while putting forth his utmost energy in strenuous effort** lasts the longest in any test which involves the **whole man**, is usually understood to have proven himself, or his dietary, or both, capable of the greatest endurance; and not the man who simply shows he can last longest at doing nothing, as relatively the mere holding out one's arms horizontally does but show.

In the first test at "arms holding" the best vegetarian lasted eight times as long as the best flesh-eater. Now that, I admit, is certainly endurance **of a kind**—and endurance with a vengeance—but if readers interpret the experiment as proving the superior capacity of men fed upon the low proteid standard during the time they are actually putting forth their utmost energy, to endure longer than those fed upon a higher proteid standard under like conditions, then it certainly proves **too much**; for, other things being equal, no one individual can outlast another to that absurdly marvellous extent simply by curtailing his amount of protein-food.

But though difference in the character of food used will not bring that about, **unequal training** will, and I well remember such a case when in his six days' walk at the Agricultural Hall, Islington, Weston

out-distanced six of our English athletes, though only one of them at a time was upon the track, whilst the remaining five were resting preparatory to taking their separate turns. That this result was due to special training for special work, and not to difference in the kind or quality or quantity of food used is proven by the fact that after special training for the same purpose, one of them alone found himself equal to rivalling Weston's own performances.

That the experiments of Professor Fisher were not so much tests of endurance as tests of the fitness of particular muscles and limbs for particular work is also demonstrated by the contradictory nature of the statistics provided by the arm-holding contest to those supplied by the leg-raising one. For, whereas in the former even the sedentary vegetarian workers beat the flesh-eating athletes, in the latter those self-same sedentary workers were themselves beaten hollow by the flesh-eaters, and the best flesh-eating athlete also actually beat the best flesh-abstaining athlete, thereby showing the unreliability of the tests for the purposes used, or at least often quoted.

Again, in the arm-holding contest, whilst 17 of the 19 vegetarian athletes endured but for an average of 23 minutes each, the other two vegetarian athletes endured for 160 and 176 minutes respectively. This very extravagant difference between the performances of vegetarians themselves show the personal element to have been a bigger factor in the test than was the diet; and relative natural susceptibility to pain may well have been another factor; and so may obstinacy, for obstinacy, or steadfastness of purpose, is a requisite acquisition to all successful reformers. Optimism also has an effect in such experiments.

Yet one more illustration: One of the vegetarian athletes (H. O.), who lasted at the "arm-holding" contest only 13 minutes, as compared with 176 minutes endured by the winner, nevertheless at the "leg-raising" contest actually outstripped all other competitors by an extremely large margin, and succeeded in doing the set exercise no fewer than 1,000 times as against but 305 by the next best vegetarian, and only 37 by the poorest.

In this case the man and food were identical in both contests, yet he came out at the top of one contest and practically but at the bottom of the other.

This again but emphasises the fact that, whatever else the experiments proved, it certainly was not that any necessary relation existed between the food consumed and the endurance displayed, but rather that local developments—such as size, quality, and training of

the particular limbs and muscles employed—probably accounted for the results obtained.

That there may be weaknesses in Professor Atwater's deductions from the figures he records respecting Miller's large metabolism of proteid—possibly some factors insufficiently allowed for, though the investigations appear to have been very thorough—he himself with true scientific equipoise and candor is the first to grant. But at least they will stand considerably closer scrutiny than what I have shown Professor Irving Fisher's capable of doing.

The only fair and decisive way of ascertaining the relative values of the opposing systems of feeding is to pit well-known athletes, or bodies of athletes, of equal calibre, and fed under their respective methods, against each other in a very long-sustained and arduous athletic tussle for supremacy, and I think I know which would come out on top.

Whilst writing thus, I do not dispute that a Low-Proteid Dietary is most fitted for persons of low vitality, such as, for example, the aged and invalids and people of delicate constitutions; also for the overfed for a time, as well as for people in easy circumstances, and for easy-going philosophers who need never to bustle, and are never called upon to set the Thames on fire.

That, however, is but a half-truth which, with the other half unconsciously suppressed, becomes more subtly dangerous than a lie.

I agree that there is room and need for experimenting in the direction of a reduced percentage of protein being used in our food, but let experimentors guard well against allowing their subject to obsess them; and against the danger of letting their desires and fascination of their study paralyze their powers of judgment. Whilst experimenting in one direction, eyes should nevertheless be kept well open to facts and figures in the opposite.

Fruit and Nut Diet.

The doctrine of the sufficiency of a fruit and nut diet for sustained laborious work is a twin sister to that of the low-proteid theory. It springs from the highest motives and ideals and a belief in the possibility of their realization both here and now, and under present conditions of labor and existence.

But nobility of belief alone is no proof of the truth of it, or of justification for misrepresentation. It can definitely be proven to be wholly or only partly true by honestly putting it through the athletic test and producing the results. Even then it is requisite that the ex-

periment be tried on men who have lived **exclusively** on nuts and fruit for not less a period than, say, two years, if we are to get convincing results.

Will its supporters make this an urgent and supreme duty? Personally my sympathies are entirely with their theories, but my experience adverse. And this I heartily regret, for I once cherished their ideals as ardently as they, but with chagrin found they failed to survive the test of severe rivalry in the athletic field.

But that experience does not dispose of the possibilities of the diet under new and saner conditions of life and labor. As a matter of fact, I can conceive of conditions where any coarser and more nourishing diet would be fatally unsuitable. I also believe those conditions to be good, but they are yet to be brought about, and are apparently still a very long way off on account of the selfishness of the few taking a mean advantage of their superior position to use the many laboriously for their own personal profit, and then profanely thank God for their so-called prosperity.

Whether such diet ever becomes practicable or not, it is fascinatingly and alluringly beautiful, and certainly worthy of judicious pursuit, but the speed set in aiming to reach the goal should be only such as can be maintained with safety. Nature is man's truest guide, and although always moving, she is never in an impetuous hurry. Therefore, whilst hitching our wagon to a star, let us nevertheless remember that impatience is as fatal as stagnation, and that with Nature a thousand days are but as one. Nature discountenances extremes, and by attraction of opposites breeds the happy medium to fill their place, and on the whole, in the long run thus manages to preserve the balance.

Heavenly food, however, is for heavenly conditions, so those in a position to make it a success today are to be congratulated.

The first requisite today, is to bring about more heavenly conditions of labor, rest, play and sunshine for **all**, then will the heavenly diet become more **practicable to all**. Then also shall we not only be using superior **food**, but what is even of greater importance, shall become superior **people**.

Yet another unsubstantiated claim, I think, is that of the

Vital Food Gospel.

The flesh of a seed or fruit is intended for the early nurture of the dormant life it encases, and which it suckles immediately that young life is born in the womb of the earth, precisely in like way that

mother's milk is intended to nourish the early life of the new-born babe; or the flesh of an egg that of the unhatched chick.

Therefore, what possibly happens when man swallows the un-killed germ under the misapprehension that he is thereby adding the life of that germ to the store of his own life, is something exactly the reverse, viz.: a battle royal between two distinct lives for possession of the body of the seed which its owner refuses to relinquish without a big struggle. So the conqueror (man) actually **loses** energy in the fight, and gains it only from the digestion of the dead body of the grain afterwards. If this be so, then the cooking which does the preparatory killing for man is a benefactor to him and not an evil.

The life of the grain has, so to speak, a personality of its own, which is antagonistic to, and not identical with, that of man, and is a something to be overpowered and ejected, not assimilated, before the dead flesh of the grain is available as a source of energy.

Ever since experimenting on vital food myself, some years ago, I have been suspicious of its benevolent influence, and that something of the foregoing description was happening; for each time I experimented I experienced sensations of what appeared to be approaching paralysis. The body seemed to become charged with some disturbing and disconcerting force (somewhat similar in character to what is known as "pins and needles") to such a degree that discretion or fear each time compelled me to abandon the experiments; although the first two or three days always seemed to give increased vitality and force. To what the latter is attributable I cannot say, unless the strychnine contained in the nuts acted as a heart-stimulant for a time, or the nuts themselves as an irritant.

I have been absolutely ashamed to publicly give this experience before, it seemed so utterly silly and unscientific. But casually mentioning it to a friend one day, he remarked—"Well, that **is** strange!" and immediately reaching down a rosicrucian book from his shelf, pointed to an article which quite tallied with my own experience, and presented, from a purely theosophical and intuitive insight, the views I have here given vent to from practical experience; and contending that only the coarser nature of the brute creation could satisfactorily grapple with an overcome this strong resistance of the life force in vital food.

If it were otherwise, then nature has erred in ordaining milk as food for the weak and tender babe instead of uncooked apple pips, etc., which contains the life the babe is needing an increased supply of.

I realize that the speculation as to the possibility of the life-force

in uncooked food being antagonistic and detrimental to the highly-evolved man is as fanciful as the opposing contention that it is favorable and beneficial to him, but it is also not less feasible and is used only as a fanciful reply to a fanciful theory, so is worthy of as much consideration—which possibly is but little. A medical friend tells me that the feeling known as “pins and needles” is a recognized symptom of starvation.

After attacking claims which I think to be likely pitfalls, and at least are certainly debatable, I finally come to

Our One Great Claim,

upon which as vegetarians we are all agreed, viz., the non-necessity of flesh-food for sustaining the body at its highest pitch of perfection under the severest mental or physical strain; which claim fortunately is now placed beyond the region of sane dispute.

In the race for **mental** supremacy, giants such as Tolstoy, Wagner, Shelley, G. B. Shaw, John Wesley, General Booth, the late Chief Justice Lord Hannen, Blatchford, Buddha, and hosts of others, require a lot of beating. And now, thanks to our vegetarian athletes, the **physical** efficiency of a non-flesh dietary is equally soundly established. Their records provide data galore to demonstrate the fact; and athletic records are now coming in so fast that I dare not attempt to weary you with recounting more than just a very few of them; and possibly with so little time at our disposal you may prefer to take even this as granted.

In the cycling world we possess in F. H. Grubb the finest rider in the kingdom. The road record most coveted by all aspirants to racing fame is the London to Brighton and Back unpaced Record, which Grubb lately wrested from the invincible professional, Harry Green, who made eighteen attempts on it before he finally gained it.

In the Olympic road race this year in Sweden round Lake Malar (a distance of about 200 miles) against over 100 picked competitors of the world, though placed but second to Lewis the South African, the moral victory was admittedly his and ours, as it would also have actually been had he been permitted to start at the same time as the winner, in the cool and calm of the early morning hours (2-3 a. m.)

Grubb was started nearly five hours later, and consequently had to fight on his outward journey the strong adverse wind that had sprung up and was then favoring the winner in his return journey. The elements alone robbed Grubb of the actual victory, and this can be no better demonstrated than by the fact that he was timed to do

the last homeward 75 miles, under similar wind-favored conditions as the winner, in 15 minutes faster time than the winner, whose full time for the whole distance (10 hr. 42 min. 39 sec.) was only 8 minutes 45 secs. faster than Grubb's. Another disadvantage Grubb labored under was that he had to ride through the scorching hours of the afternoon, which the South African, through having the good fortune to start so early, was saved from.

Out of 12 English representatives in this race, selected by competition, three were vegetarians—a huge percentage for one small club to supply against the many flesh-eating clubs in our nation, and speaks louder than words.

Perhaps our most overwhelming success was on the occasion of the great open 12 hours' road race promoted last year by the Anerley C. C., when, over an out-and-home course on Southern roads against selected champions of England, the only three men representing the Vegetarian C. C. finished first, second and third; and, as though to emphasize the lesson, two of the three broke the previous record for Southern roads. Grubb's phenomenal distance worked out at 220 1-2 miles, Davey's 215 1-2, and Gibbons 204 1-2.

In the same year Grubb, amongst many other victories, secured from a field of 124 starters the Southern Counties 50 miles unpaced road championship, on an out-and-home course, in 2 hr. 19 min. 26 4-5 sec. In this race the vegetarians supplied three men out of the first four to finish.

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In the preceding year Grubb won the famous Bath Road Club's open 100 miles race in the remarkable and world's record time for any out-and-home course of 4 hr. 50 min. 50 sec.—15 minutes faster than any previous winner,—and Davey finished second in 5 hr. 6 min. 23 sec., only one minute slower than this classic race had ever been won in before.

I have left myself no space to deal with the kind and quantity of food found most useful in long-distance racing, except to say it is of liquid nature, and thereby dispelling another pet theory that is usually allowed to admit of no exceptions, viz.: that dry foods are more digestible than liquid. That all depends. Circumstances alter cases, and babies and long-distance racing men are exceptions.

Another thing our long-distance racing men have discovered is, that of the two evils, **overfeeding is less inimical to success than is underfeeding**, which latter brings on what is known and dreaded as the "hunger-knock;" for starved men, like starved fires, take a long time to revive.

In respect to the eggs and milk which is largely used when racing, we often get charges of inconsistency hurled at us by brother vegetarians. But what do these good and well-meaning friends mean by

Inconsistency?

If our aim be truth, and one finds out that even the eating of flesh-food really appears to be essential to success, it would surely be inconsistent of seekers after truth to deny the fact. Whether at that price we care to defy truth, forego success and commit suicide is quite another matter. We have no honest alternative but to admit apparent truth, though we do retain the right to show if possible that it is but apparent and not real, and to try and discover some oversight which accounts for the misleading appearance. And where is he, who, charging us with inconsistency because we discountenance **unnecessary** slaughter and suffering, would not himself kill the flea in order to effect the comfort of his baby, or even of himself? Then wherein lies the difference?

No! "Foolish consistency is but the hob-goblin of weak minds"; nothing admirable about it but its good intent.

The Pharisees who refused to pull an ox out of the ditch on the Sabbath day were consistent, and also conscientiously so; but that did not make the Christ with deeper insight and broader outlook inconsistent. Neither is a vegetarian and Christian cyclist inconsistent who not only uses eggs in place of bovril, etc., but who, for the love of his cause and the salvation of **thousands** of oxen from unnecessary suffering and painful death, breaks a record on the Sabbath day simply because his religiously-shocked and creed-fettered master has insufficient humanity and real religion in him to grant time for the purpose on any other day.

In respect to food used, aim high by all means, and get as near your goal as you with safety can, but no nearer. Tomorrow and next day are coming, when you may be allowed to struggle a bit nearer and nearer, if with imprudent haste you do not in the meantime kill yourself.

Some of us have still to learn how difficult it is to walk without stumbling if we keep our eyes fixed only upon the heavens, especially heavens of our own making, and this is a subtle danger which besets all earnest souls struggling painfully upward. Yet I by no means decry the healthy habit of looking heavenward, provided at the same time we keep a wary eye also on the feet.

Every virtue unduly indulged becomes a vice, and possibly man's life on earth is partly intended to indelibly burn this lesson into him, so that he becomes not **insufferably** "good" and unbalanced, in defiance of all laws but those superior ones of his own making, (dictated though they be by beautiful conceptions and noble intent, as far as man can judge) and to teach him that there is nothing higher than truth, though it fails to coincide with that which, with restricted vision he fondly conceives to be the truth.

This generation has not done amiss in demonstrating the non-necessity of flesh-food itself—a really big first step. The next generation, or some succeeding one, may be allowed the further privilege of demonstrating that animal products may be as safely discarded as animal flesh; or by aid of the laboratory and easement of the workers, of removing the conditions which now stand in the way. All honor to those who try. I wish them God-speed.

I feel some of you may be wondering what on earth has the best food for athletic endurance to do with persons who are not athletes. Well, not much perhaps with the favored few, but nevertheless a great deal to do with the more unfortunate many, with whom life almost from cradle to grave proves to be but one long, gruelling race for mere existence. Such of them who can and do feed up to business requirements may not enjoy the most perfect health, because the requirements exacted from them are too great, and in consequence nature is allowed insufficient time in which to keep her flues thoroughly cleared out; but those who feed beneath those requirements will assuredly suffer more and experience earlier breakdown.

The horse's natural food is grass, but on it alone he cannot endure at the unnatural amount of work he is called upon to perform, but needs to be fed on the more highly proteid food of beans and corn. In like manner, man's natural food of fruit, nuts and grain will prove amply sufficient to sustain him under natural conditions of life, but fails to suffice when, like the horse, he is called upon to do more than his proportional share of strenuous work. The remedy, therefore, is to render the conditions of life more equitable by making "shirking" a crime instead of a sign of superior breeding on the one hand and loafing on the other.

I close with Paul's advice. Be not swayed by every passing wind of doctrine, but "Prove all things, and hold fast that only which is good." Even of the flesh-eater in his attitude towards vegetarianism I ask no more, though at the same time I shall do my level best to prove our teachings to be good, because I believe them to be so. Still

I hope I shall be strong enough to admit failure, if failure comes, (of which, however, I have now no fear) for it is the characteristic of but small minds to never make a mistake, and "he who never makes a mistake makes nothing."

Dr. Mason of California tells us why he dispenses his own medicines in one of the best written papers that we have seen for a long time. Two very salient points in his article cover the **whole field**, namely, that of **keeping in touch with the patient** and allowing more intimate knowledge of the action of his remedies. Some doctors evidently succeed in their practice of prescription writing entirely, but it certainly does not seem the best way.

There is no better antiseptic, or perhaps it may be termed more appropriately a zymocide, than a mild form of creosote. Accidentally it has been discovered that the form present in the little smoked herrings put up in jars is very acceptable to the stomach and that these little delicacies will act as a **specific** for fermentative indigestion. A sandwich made from entire wheat bread, well buttered, with one or two little smoked fish between the slices, if eaten at mealtime will give a delightful tone to the stomach and absolutely **prevent fermentation**. TRY IT.

In the last month's issue of the Journal there is a very excellent article by Dr. J. A. Bennett, of Oklahoma, regarding the hypodermic use of salicylic acid. It would seem that such a procedure must be attended with dangerous results, from the fact that in the whole list of drugs we have none that will produce **necrosis of tissue** as quickly as salicylic acid.

In the treatment of rachitic children or those that are poorly nourished, a German authority advises brine baths. These may be given hot or cold, and as frequently as the condition of the child seems to suggest.

In cases of inability to evacuate the bladder without special irritation, an injection of a two per cent. solution of boric acid and glycerine into the urethra will prove very effective.

ROUND TABLE

MEETING OF THE BOSTON DISTRICT ECLECTIC MEDICAL SOCIETY.

Boston, September 29, 1913.

The first meeting of the fall and winter of 1913 and 1914 was held at the Quincy House, Brattle Street, Boston, Mass., on Monday evening, September 29, 1913. It was preceded by a dinner in the main dining room that was very much enjoyed by those who participated.

The business session was called to order by the President, Roy J. Boynton, M. D., at 8.15 P. M. The reading of the records was omitted by request of the Secretary, and William H. Hills, M. D., of Chelmsford, Mass., was called upon to read his paper upon Lumbago, which was much enjoyed by those present. The paper was discussed by Drs. Perrins, Poor and Boynton. The paper will be found on page 13 of this number.

S. J. Birch, M. D., of Orange, Mass., read a very interesting and instructive paper entitled "Abnormal Mentality: Its Cause and Consequence," which was discussed by Dr. John Perrins, both of which may be read, beginning with page 6 of this number.

Pitts Edwin Howes, M. D., of Boston, Mass., in an article entitled "An Advance in Medicine," described in a somewhat brief manner a new agent that has recently been discovered by John Uri Lloyd, Ph.M., of Cincinnati, Ohio. The paper was listened to with the closest attention, and at its close all expressed themselves as believing that Prof. Lloyd by his discovery had given a great boon to suffering humanity, as well as to those of the medical fraternity. This may be read on page 16 of this issue.

John Perrins, M. D., of Boston, Mass., gave the details of a case which he has had under his care for a number of months, which elicited the closest attention and aroused the interest of all present. The report of this most interesting case will appear in the November issue of the Journal, as the Doctor did not have it ready for publication at this time.

The Secretary followed by a short article entitled "A Dispensing Vehicle," which may be read on page 24 of this number of the Journal. The hour was so late that it was decided to discuss the paper at the next meeting of the Society.

Present: Drs. Boynton, Poor, Perrins, Hills, Birch, and Howes.
Visitors: Dr. Black and Mrs. Boynton.

Adjourned at 10.40 P M.

PITTS EDWIN HOWES, M. D., Secretary.

HOUSEHOLD HINTS.

October, the month of harvesting and laying in the stores for the winter's use.

The tomatoes canned, pickled and preserved, grapes made into jellies, jams, marmalades and wines, pears preserved and pickled. The apples, potatoes, beans, squashes, and pumpkins and all the vegetables garnered and stored in various ways. A gathering together of the fruits of the earth for man's sustenance through the cold of the winter's reign.

I am giving you a few ways of preparing some of these gifts of the earth's bounty.

Mustard Cucumbers.

Take large ripe cucumbers, peel (cut lengthwise into quarters), scrape out all the seeds with a spoon. Cut up cucumbers into small pieces (say about an inch long) and put the cucumbers into brine over night.

How You Make the Brine.—Put into a bowl enough cold water to cover cucumbers, then add salt until an egg will float. Next morning drain off, dry cucumbers with a cloth, and put into quart jars, packing closely. Scald white vinegar (not boil), pour over cucumbers. Put one tablespoonful mustard seed and two bay leaves to each quart bottle of cucumbers. Lay them between the cucumbers as you fill bottles. Seal.

Sweet Pickled Pears.

Ten pounds of good sound pears, not quite ripe. Wipe them and remove the blossom end. Peel and cook in boiling water until tender. Remove the fruit and strain the water. Take one quart of this water, add to it one quart of vinegar, 5 pounds of sugar and 1-2 cup of mixed whole cloves, allspice, mace, and stick cinnamon. Put it on to boil for half an hour, then add the pears, and when well scalded remove them and pack in glass jars. Boil cyrup down until there is enough to cover the fruit. Pour it over and seal at once. Tie the cinnamon and mace in a muslin bag, but put cloves and allspice in whole.

Sliced Cucumber Pickles.

One quart cucumbers sliced thin, but not pared, 1 large (sliced) onion, 1 small, finely chopped green pepper; sprinkle with salt and let stand three hours. Drain, add one cup of brown sugar, 1-2 teaspoonful cloves, 1-2 teaspoon tumeric, 1 tablespoon grated horseradish and enough vinegar to cover. Let this heat well, but do not boil. Seal.

A New Pickle to Many.

Gather the young seeds of the nasturtium on a dry day, wash them and place them in a strong brine till next day, when they can be covered with spiced vinegar, or they can be dried and placed in vinegar left over from pickles, which greatly improves their flavor. Pickled nasturtiums are sometimes used as a substitute for capers in caper sauce.

To Preserve Olives.

On opening a bottle of olives, if they are not to be used at once, pour into the bottle a tablespoonful of sweet oil, which not only prevents the mould from forming, but adds flavor to the olives.

Canning Vegetables.

Pick your vegetables while they are tender and can them while they are fresh. Put them on the stove to cook until they have boiled ten minutes so they will shrink then and not after they are in the jars. Fill the jars, adding 1-2 teaspoon salt and one cup of water to a quart jar. Put on rubbers, be sure they are new, and put one wire over the cover. Do not snap down the second wire yet. Put your wash boiler over the fire and place a board 1-2 inch thick in the bottom of the boiler. Stand your jars on the board and pour in warm water until it reaches the neck of the jars. For this reason it is not possible to boil quart and pint jars at the same time.

After the water boils time it, being sure the water is kept boiling and adding more as it boils away. After three hours of steady boiling, snap down the second wire and boil 30 minutes more. Remove jars, and let stand 24 hours, then unsnap the wires and try to pull the glass cap off. If it pulls off, then you must boil that jar again. This will not be necessary if the water is kept continuously boiling. Put the jars away in a dry place, as a damp cellar melts the suction that holds the cap down. Peas, beets, greens, beans, corn, tomatoes and squash, also meat soups and broth can be canned this way.

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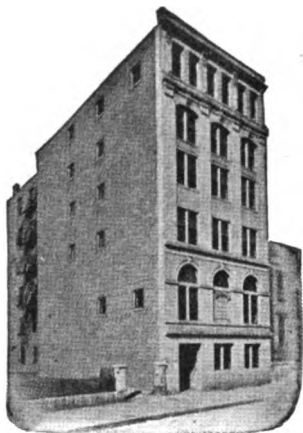
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